

## **Narrative Medicine Script**

Hello, my name is \_\_\_\_\_. I'm a medical student and if it's all right with you, I'd like to spend a few minutes with you doing an activity that will help me and your doctors understand how your illness affects you. It will involve you telling me your story of what it's like being ill while I listen. Then, I'll write down the story I heard and let you hear it to see if I got it right.

For five minutes, I'll have you tell me your story of being ill. It can be whatever you are feeling right now – whatever you would like to get off your chest. During that time, I'm going to give you my full attention and just concentrate on what you are saying.

I'll write down what I heard you say and then read the story back to you.

### Prompts to help guide the conversation if needed.

What are your thoughts about your illness?

What does it mean to you to be going through this?

How is this illness affected, changed, or solidified who you are as a person?

How has this illness affected your emotions?

What are your hopes? Fears?

(Write your story, then read it back to the patient.)

What did you think of my version of your story? How different was it from what you expected to hear? What did you get from telling me your story? What about from hearing my version of it? Was it beneficial?

Thank you again for spending some time with me, and I encourage you to share feelings like this with your doctors and nurses, and let them know what's on your mind.